

## KARAKTERISTIK HIPERTENSI PADA MASYARAKAT PRA LANSIA DAN LANSIA DI PUSKESMAS KALUMATA

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### ABSTRAK

**Latar belakang:** Hipertensi merupakan salah satu penyakit tidak menular yang perlu diwaspadai. Masyarakat lanjut usia (lansia) dan pra-lansia berisiko tinggi menderita penyakit degeneratif, salah satunya hipertensi. Pada tahun 2020, insidens hipertensi di Ternate adalah sebanyak 4.685 kasus pada semua kelompok usia dengan jumlah kematian sebanyak 93 kasus. Di Puskesmas Kalumata, salah satu Puskesmas Kota Ternate dengan insidens hipertensi tertinggi, lansia menyumbang 49,5% dari seluruh kasus hipertensi. Pengetahuan tentang karakteristik penderita hipertensi lansia dan pra-lansia di tempat ini penting guna menetapkan tatalaksana lebih lanjut.

**Tujuan:** Mengetahui karakteristik masyarakat pra-lansia dan lansia penderita hipertensi di Puskesmas Kalumata Kecamatan Ternate Selatan.

**Metode:** Penelitian deskriptif observasional yang mempergunakan teknik *accidental* ini dilaksanakan di Puskesmas Kalumata tahun 2021 dan diperoleh menggunakan kuesioner. Data diolah dan dianalisis menggunakan analisis univariat.

**Hasil:** Dari 89 pasien, sebagian besar berusia 45-59 tahun (62,9%), 57,3% perempuan, 94,4% kurang aktivitas fisik, 73% gemar menyantap makanan tinggi garam dan 43,8% tidak merokok.

**Simpulan:** Penderita hipertensi pra-lansia dan lansia di Puskesmas Kalumata sebagian besar termasuk kelompok usia 45-59 tahun, perempuan, kurang beraktivitas fisik, gemar menyantap makanan tinggi garam, dan tidak merokok.

**Kata kunci:** Hipertensi, lansia, pra-lansia, karakteristik, Puskesmas Kalumata

## **THE CHARACTERISTICS OF PRE-ELDERLY AND ELDERLY HYPERTENSIVE PATIENTS MANAGED IN KALUMATA PRIMARY HEALTH CENTER**

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### **ABSTRACT**

**Background:** Hypertension is a non-communicable disease that necessitates constant awareness. The elderly and pre-elderly are at risk of degenerative diseases, one of which is hypertension. In 2020, the incidence of hypertension in Ternate was 4,685 cases in all age groups, with 93 deaths. At the Kalumata primary health center, Ternate's primary health centers with the highest incidence of hypertension, elderly composed 49,5% of all hypertension cases. Thus, it is fundamental to understand the characteristics of the elderly and pre-elderly hypertensive patients in this place for further management.

**Objective:** To elaborate the characteristics of elderly and pre-elderly hypertensive patients managed in the Kalumata primary health center, South Ternate district.

**Methods:** This descriptive observational study implemented the accidental sampling technique and was conducted at the Kalumata primary health center in 2021. Data was obtained through questionnaires and analyzed further using univariate analysis.

**Results:** Of 89 participants, most were 45-59 years of age (62.9%), 57.3% were female, 94.4% lacked physical activity, 73% had high sodium intake, and 43.8% did not smoke.

**Conclusion:** Most pre-elderly and elderly hypertensive patients managed in Kalumata primary health center were of 45-59 years of age, female, lack of physical activity, had high sodium intake, and did not smoke.

**Keywords:** Hypertension, elderly, pre-elderly, characteristic, Kalumata primary health center